

## Reading Urology Partnership Berkshire Health Limited

11 Kendrick Road Reading RG1 5DU  
Tel: 0118 9207040 Fax: 0118 9207041

### **PELVIC FLOOR EXERCISES - MEN**

Pelvic floor exercises should be practised by all men from puberty onwards to prevent problems developing in later life. If your pelvic floor muscles are weak you will have a greater tendency to leak urine or have problems gaining or maintaining your erection. Perform these exercises once a day to keep your muscles fit.

#### **Lying**

Lie on your back with your knees bent and your knees apart. Tighten your pelvic floor as if you are trying to prevent wind escaping. Hold this pelvic floor muscle contraction as strongly as you can for up to 10 seconds without holding your breath or tensing your buttocks. Rest for 10 seconds. Perform 3-10 contractions in lying.

#### **Sitting**

Sit on a chair with your knees apart and tighten your pelvic floor muscles as if you are trying to prevent wind escaping. Hold this pelvic floor muscle contraction as strongly as you can for up to 10 seconds without holding your breath or tensing your buttocks. Rest for 10 seconds. Perform 3 - 10 contractions in sitting.

#### **Standing**

Stand with your feet apart and tighten your pelvic floor muscles. If you look in a mirror, you should be able to see the base of your penis move into your body and your testicles rise. Hold this pelvic floor muscle contraction as strongly as you can for up to 10 seconds without holding your breath or tensing your buttocks. Rest for 10 seconds. Perform 3 to 10 contractions in standing.

#### **Fast contractions**

Some of these pelvic floor muscle contractions can start quickly with a fast contraction and some can begin slowly with a slow build up of strength.

#### **Whilst walking**

Try lifting your pelvic floor up slightly when walking to use the muscles during activity.

#### **After urinating**

After you have emptied your bladder, tighten your pelvic floor muscles up strongly to empty the urine fully whilst still poised over the toilet and avoid the embarrassing after-dribble.

#### **'The knack'**

Tighten your pelvic floor muscles before and during the exertion of coughing, sneezing, lifting, shouting and getting out of a chair.